

What To Eat = Where To Get It = How To Cook It



FALL FRUITS, LATE VEGETABLES TO CAN ARE DISAPPOINTING

Bring Almost Out-of-Season Prices, Due to Shortage Following Drought.

which the average housekeeper post- estry Magazine. On the north fork pones much of the canning prepa- of the Virgin river there is a retory to putting down a generous sup- markable canyon, only twelve miles ply for the winter, was a heavy dis- in length and less than half a mile yolks, enough sugar to sweeten, a appointment this season. They are in width, which so impressed Brigbringing out-of-season prices due ham Young when he visited it many naturally to the shortage occasioned years ago that he called it "Little Line a layer cake pan with pie crust by the dry weather. Tomatoes sell- | Zion." ing at five cents per pound are far from being plentiful judging from In view of the continued demand the supply of previous years.

Potatoes were burned by the dry

are that they will go to \$4 per bushel paint. within a monah

Leg of Lamb, per pound . .

cents and muskmelons' cost depends upon the size ranging from 10 to 25 cents. Cucumbers bring 50 cents a dozen, cabbage 8 cents per pound, corn 20 cents a dozen ears, and sweet potatoes 10 cents per pound or three pounds for a quarter, retailing at substantially the same price as the Irish potato does.

is a subject over which most visitors for the benefit of News-Times readwax enthusiastic. But in depth and ers of the Weekly Market Basket vividness of color the Grand canyon department. This week's contribudoes not equal Zion canyon in south- tion follows: Fall fruits and late vegetables, for ern Utah, says the American For-

from universities and technical Alberta peaches, high grade va- schools in Canada, the Canadian air cinnamon are worked up creamy; riety from Michigan, are almost tot- board has decided to place a number all 2 eggs, about 1 glass of milk, the ally absent, shipped in fruit from of aero engines at the disposal of grating of one lemon and a pinch of California supplanting the dearth of the associate air research committee baking powder. Pour in greased the home grown product. Albertas for distribution on an indefinite loan pans about 1 inch thick, top with were quoted at \$3.50 per bushel Fri- plan. These engines, which are sliced almonds and bake in moderday at a local grocery store and this mostly of the Fiat and Berliot types, ate oven. It is most delicious cake price was said to be below the av- were used on coastal type airships which improves with age.

weather. They sell today from \$2.50 Using cheescloth to clean the dust and stiff; be sure to have it smooth; to \$3.00 per bushel and indications from an auto ruins the lustre of the slowly mix in 1 cup sugar, flavor

Other eatables remained prac- The recent census figures show a paper cornet. Bake in cool oven tically normal. Eggs bring 40 cents that seven out of every ten centena- till they loosen from the paper. a dozen, butter 50 cents a pound, rians in the British Isles are women. Press the bottom in while warm and

MARKET

Attractive Week End Prices

Veal Steak, no bones, per pound

Pork Shoulder, per pound.

Veal Shoulder, per pound

Fresh Dressed Chickens

Picnic Hams, per pound

Boiling Beef, per pound6c

Beef Pot Roast, dandy cut, per pound 121c

Oliver Hotel's Pastry Chef Offers Recipes

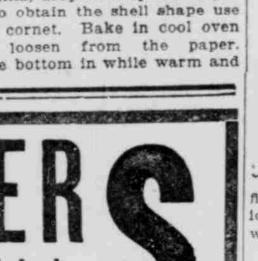
Each week, Paul Cladel, chief pastry chef of the Oliver hotel, The coloring of the Grand canyon writes a few of his favorite recipes

Cook 14 pound rice with 1 quart

1/2 1b. butter, 1 cup sugar, 2 oz.

MERINGUE SHELLS. 4 whites of egg are beaten good

with vanilla, drop with spoon on paper or to obtain the shell shape use



LADY FINGERS.

Mix well 4 yolks, 1 cup sugar, 1/2 5 persons and is an easy, digestible ones having a rounded top. The

PAUL CLADEL.

Chief pastry chef of the Oliver hotel, who has been judging the recipes submitting in The News-Times weekly contest, today offers

up starch and the grating and juice dessert.

THE HOME KITCHEN By JEANNETTE YOUNG NORTON

The Authority on Home Cooking

Here Are Vegetarian Dinners You May Relish.

diet are often at a loss to know the eggs and a tablespoonful of wawhat to use for the meat substitute. ter, brush the croquettes with the It must be something hearty and mixture, roll them in crumbs and satisfying, and yet of a vegetable fry in hot fat. foundation. Curry is often passed by because "it's too peppery to use Wash six tablespoonfuls of rice with anything but meat." But this and mix it with a small can of tois a mistake, as a cream curry, for matoes, half a cupful each of butter either vegetables or fruit, need be and grated cheese, five minced on only spicy enough to be well fla- lons, one cupful of hot water, vored. The pungent part is of gin- quarter of a cupful of chopped ger and not pepper, and it is consid- olives, one minced red pepper, salt ered healthful. and a dessertspoonful of sugar. Mix

The following dishes, including and turn into a buttered baking Oriental rice, will be found hearty, dish, and bake for one hour, or until and worthy to take the place of a the rice is tender. meat or a fish dish. All vegetables used must be fresh to get the best

Potato and Nut Croquettes. Boil and mash enough potatoes to as potatoes, carrots, beans, peas, make two cupfuls. Add onion juice, parsnips, and a little turnip. Add a Select a ripe, sweet pineapple then add a scant half-cupful of brown. chopped nutmeats, salt, pepper and the yolks of an egg. Fold this into the potato mixture, then form into

of 3 lemons. Boil 1 quart of water, and a quarter of a cupful of cream. little grated cheese. Bake a delithickens, pour in baked pie crust Put into buttered ramekins, dust cate brown. This may be served some recipes of his own for read- thickens, pour in baked pie crust ers of the Weekly Market Basket and let cool off. Make meringue by with a little grated cheese, and bake hot or cold. whipping up the 4 whites stiff, adding 1 cup sugar. Cover the pie with

the white at the same some fresh sliced peaches or any time, mix carefully. Dress with pa- desirable fruit. Cover all up with per bag on papers the size desired, the mixture, spreading it high and owder with sugar and bake in even with knife. Decorate with fruits. The finest pineapples are apple juice to flavor it well. Top cherries, dust with sugar and brown those of the so-called sugar-loaf va- with whipped cream well in hot oven. This is enough for riety. These are the conical-shaped

ple or a cup of freshly grated fruit, es him closely as he works. If he Persons adopting a vegetarian | eight. Beat up the remainder of center of each portion.

Pineapple Chicken.

bone it. Throw the skin and bones old. He receives a six years' course back fato the liquor with some cel- in morals, reading, arithmetic, gymery, a chopped onlon, a bay leaf and mastics and poetry. chopped carrot. Boil down until the gravy. Add to it a cupful of husbands. finely chopped or grated pineapple Cook for five minutes, then add the chicken ,the large pieces only, and cook long enough to heat through. Lay the chicken on toast and pour the gravy over it. Mushrooms which Line a buttered, deep dish with have been sauted in butter then good plain crust. Fill with layers of drained may be added to the gravy cooked and diced vegetables, such if desired.

Devilled Pincapple.

two tablespoonfuls of soft butter, minced raw onion and a little Peel and chop coarsely, squeezing one tablespoonful of milk, pepper chopped parsley. Dot each layer the juice from the hard core. Peel, and the yolk of one egg. Mix thor- with butter, then turn a cupful and break in pieces, and saute half a oughly. Put a quarter of a cupful a half o fcream sauce over all. Put pound of mushrooms in butter. of cream and crumbs into a sauce- a lattice of crust over the top and Drain the pincapple, then add the pan. Stir to a thick paste, and cool, bake until the crust is a good mushrooms, a cupful of dry crumbs, a tablespoonful of sugar, a table-Put six bananas through the ricer juice of an onion, salt pepper and and add to them one minced onion, half of a red pepper, chopped fine. croquettes. This quantity makes a minced pepper, half a cupful of Fill buttered ramekins with the crumbs, a beaten egg, a saltspoon- mixture, add a little pineapple juice of 3 lemons. Boil 1 quart of water, ful of curry powder, salt, pepper, to each, then dust the top with a

> Pineapple Shortcake. Make an old-fashioned blecuit

Parboil in salted water a trimmed cake. Split and butter it generousordinary bit of dessert. Beat 4 yolks in hot fat a delicate brown. Dish two cupfuls of sugar over it to

done, free the fish from skin and In Japanese schools the physical bone, then flake it with a silver development of a child receives as fork. Make a rich cream sauce, much attention as his mental develthickened with flour, and add a opment. On warm days he strips quarter of a can of grated pineap- to the waist, and his teacher watch-Stir in the fish. Reheat, but do not breathes improperly, he is correctboil, and turn onto toast slices. Gar- ed. If he is round shouldered or nish with half a deviled egg in the flat chested, special exercises are given him. If he is too thin, a special diet is recommended. As in Boil a young chicken until ten- the United States, every child must der. Lift and cool it slightly, then go to school when he is six years

vell flavored. Add pepper and salt | France is taking up seriously the and strain. Let stand until the problem of her 2,000,000 marriagegrease is cold and easily removed able girls, who, as a result of the from the top. Reheat and thicken war's losses, can never hope to have

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4 LBS. CHOICE PEABERRY COFFEE, (lb. 30c)\$1.00	
2—15c cans Good Peas 25c 2—33c Tall Red Salmon	50e Instant Postum
FLOUR89c	10 LBS. SUGAR 73c
5—7c White Naptha Soap. 25c 5 Crystal White Soap 25c 2—8c Kitchen Kleanser 12c 3 Palm Olive Toilet Soap 25c 3 Climaline 25c Lux 10c	2 large cans Apricots 350 No. 10 "Gallon" Peaches 550 Gallon Catsup in Glass \$1.25 2 lbs. Powdered Sugar 190 1/2 lb. Good Tea 190 No. 10 "Gallon" Applebutter 950
3 TALL HEBE25c	5 LBS. FLOUR 20c
Jello, all flavors 10c Dutch Cleanser 10c 2 Tall Carnation or Pet 25c Barrel Salt, lb. 2c Pure Cider Vinegar 38c	3 large Sunkist Lemons 10c Kellogg's Corn Flakes 10c 15c pkg. Rolled Oats 10c 6 lbs. Onions 25c 30c pkg. Seeded Raisins 21c
SCRATCH FEED—No grit\$1.99	

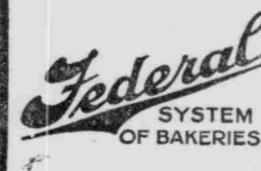
chop the hard centres to add to Pineapple Fish. Boil a pound and a half of fresh odfish in the usual way. When

SPECIAL

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The News-Times through its always interesting Weekly Market Basket Department will again distribute \$15 in cash prizes to lucky people this week, as follows:

A cash prize of five dollars for the best food recipe submitted to the Market Basket Department, with prizes of \$2 each for the next five best.

Get the habit of reading these market pages. They're always interesting. Every Friday afternoon and Saturday morning exclusively in

The News-Times

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